Jayne Rountree
Commemorative Library
Lambda Community Center
Sacramento, CA

The Sacramento Gender Association

Volume Two, Issue Two *MAY 1996*

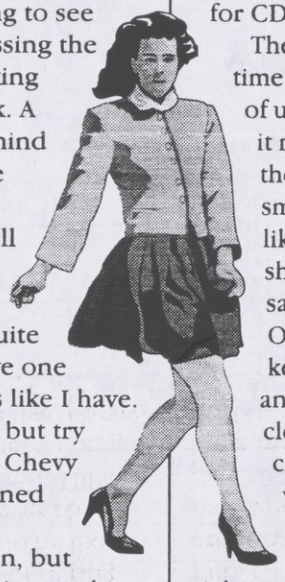
THREE DAYS IN THE CITY

California Dreamin '96

Michelle R.

Like a child impatient for Christmas morning, I was really looking forward to this event. Three entire days being a woman was (and still is) my idea of fulfillment. I slept very little Thursday night wondering what this get together would be like, as I never attended any such event before. Questions ran through my mind like: How are the other hotel guests going to react? Which restroom do I use? Can we get out and about in the real world?

We pull into the San Francisco Holiday Inn on Van Ness Avenue around 1:00. Wow, this place is bigger than I thought. We're going to see a lot of regular guests. Missing the small entrance to the parking garage, we circle the block. A small bar on the street behind has a marquee bearing the words "Welcome Calif. Dreamin' X-Dressers." We'll have to quench our thirsts there later on today.



Parking in S.F. can be quite a challenge when you drive one of those mid-80's gas hogs like I have. It's comfortable for travel, but try and grease a six foot wide Chevy Caprice into a space designed for a Geo. Back and forth about eight times gets us in, but opening the door and getting my hip pads out will require the squeeze.

With luggage in tow and purses on shoulders, we descend to the main

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CROSS SECTION

Lisa A.

Daylight Savings Time is now in effect and it's getting brighter and brighter as we venture out to attend those Saturday meeting nights. Recently, one member recounted to me on how she was forced to wait before stepping out because her &($*!# neighbor was puttering around in his front yard. Of course, had it been dark like the past months, that neighbor probably would have been indoors watching the tube.

Similar stories like this are all too common during these long days of the year. Although this is really a great time of the year for most recreational activities, it can be a bit more difficult for CDing.

The biggest problem with summertime is the rising mercury. For those of us who have hairy legs and arms, it means that it's time to get out the razor and become baby-smooth. If you're a pump lover like me (I'm talking about da shooz!), you'll have to make that sacrifice and learn to like sandals. Oh, and I guess you'd better keep your toenails nice and cute and painted too. The lighter clothes will require a bit more creativity, since we'll have less to work with to camouflage the tiny imperfections on our bodies. The hot and humid nights will require changes in the heaviness of our make-up application.

Summer doesn't have to be a drag to be in drag. All it takes is a little

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Wittnie's World

With the S.G.A. elections history now, the newly elected board is starting to feel settled in. Most of the duties have been assigned and information transfered by Ava to the approporate board members.

Bernadette has assumed the joint position of Secretary and Treasurer with the exception of the mailing list. As Bernadette does not have a computer and producing the mailing labels would be quite a chore for her — so Wittnie is handling the list for Bernadette. New members and renewing membership should give your information to Bernadette. If you desire changes to your listing please contact Bernadette as she must OK each change before it can be changed on the database by Wittnie.

Social activities have been assumed by Diane. Your suggestions and comments will be welcomed by her. It is Diane's responsibility to form and obtain board approval for the individual committees for each activity.

No changes have been made to the S.G.A. phones. They are still located at Ava's house but, she no longer monitors the phone activity. As messages are left on the answer machine, Bernadette is responding. Board member decision has not yet been voted on. Please don't bug Ava about day to day activities of the S.G.A. as she has become "just another member" (by her choice) and may not know the answer. Of course, she always welcomes friendly calls from the membership.

Many members did not expect the changes to the board as they desired or lobbied for. As the votes were

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Sacramento Gender Association

Blue Rose Chapter
P.O. Box 215456
Sacramento, California 95821-1456
Phone: (916) 482-7742

The Sacramento Gender Association (S.G.A.) is a non-sexual, membership based organization for those interested in participating within the gender-gifted community and its related issues. The S.G.A. exists to provide support, educational resources and recreational activities for those in the gender community and their friends and family. Membership is open to all regardless of gender or sexual orientation.

BOARD MEMBERS

President ..... Linda Lee
Vice President ..... Wittnie P.
Secretary/Treasurer ... Bernadette H.
Communications Officer ..... Lisa A.
Social Activities Director ... Diane R.

Past President ..... Ava P.

Outreach Committee Chairperson
For the Lambda Center ..... Ava P.

SGA Newsletter

Editors
Lisa A. • Michelle R.

Typesetting and Graphic Layout
Michelle R.

COURTESY ADVERTISMENTS
Business cards and other small advertisments are provided at no charge for a three issue period to professionals and businesses providing services, support, seminars or talks. Please patronize these businesses.

The S.G.A. Newsletter is published monthly the first week of each month. Submissions should arrive at S.G.A. by the 25th day of the previous month. Contents reflect the opinions of the contributors, and are not necessarily those of the S.G.A. Other organizations may reprint or reproduce uncopyrighted portions of the newsletter for their members provided S.G.A. is acknowledged. Copyrighted material may be reproduced with written permission from the writer or author.

Article submissions may be: 1) Typewritten on 8.5 x 11 paper; 2) Provided on 3.5 or 5.25 disk in WordPerfect, Microsoft Word 2.0 or ASCII text; 3) E-Mailed to either of the newsletter editors; 4) Faxed to (916) 272-1940 (confidential, dedicated S.G.A Newsletter fax line). *We will attempt to publish ALL articles.*

Cross Section *continued from page 1*

more preparation and planning. Keep a fan handy in your purse, and bring along small containers of your basic make-up to repair potential sweat damage. If you're wearing a wig, perhaps a shorter style will be the cool thing to don. Clothes made from breathable light fabrics such as cotton should be the preferred choice for the season. It's actually the perfect time of the year to experiment with the "casual look", which we all know is also the most "passable look".

One final note: if your shoulders are going to be exposed, please don't forget to shave under your arms! I think one of the biggest turn-offs of all time is a feminine form having bushy hairs sticking out from her armpits!

• • • • •

Word has it that Clothestime, a national retail chain for young women's apparel, recently launched an ad campaign that had a cross-dressed male in a television commercial. Apparently, the piece shows a young man modeling some female outfits while the voice-over says something like "If our clothes can make Mark look this good, imagine what they'll do for you!". According to what I've heard from the very few people who've seen this spot, "Mark" does look very nice indeed!

After a limited run on MTV, the ad was dropped for being "too controversial". For MTV, of all places! Of course, the major broadcasting companies never even touched this supposed "hot potato".

Oddly, with the recent spate of extremely popular and profitable drag-themed movies (admittedly sugar-coated for the mainstream audience), you'd think that this country would be more than ready for commercials with a cross-dressing theme. It appears that the broadcast media has taken a few steps backwards, since this country was ready for it two and a half decades ago. Who can forget that memorable spot with "Broadway Joe" Namath modeling pantyhose, with virtually the identical sales pitch as the Clothestime ad?

Anyway, if you're curious to see the Clothestime commercial, rumor has it that it's available on videotape for sale at various Clothestime outlets. If that's true, it makes you wonder why Clothestime would even bother to put it on tape for public distribution. That is, unless they know something.

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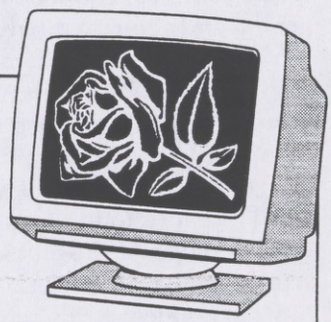
COMPUTER USERS

Talk With Other SGA Members via E-Mail...



Member	Internet	Compuserve	AOL
Anyse	KJOSLIN@NS.NET		
Ava P.	75224.1767@COMPUSERVE.COM	75224,1767	AVA4SGA
Julie R.	ETKE@CALWEB.COM		
Linda Kay	NICK@IX.NETCOM.COM		
Linda Lee	73134.567@COMPUSERVE.COM	73134,567	
Lisa A.	1234567@NS.NET		
Michelle R.	MICHELLE@NETSHEL.NET		
Renee L.	RL1214@AOL.COM		RL1214
Shelby B.	SHELBYB@IBM.NET		
Stephanie	SMICHAELS0@AOL.COM		SMICHAELS0
Toni Clark	EPHEMERAE@AOL.COM		EPHEMERAE
Wittnie P.	76100.122@COMPUSERVE.COM	76100,122	

The Social Butterfly

Diane R.

First of all, thank you to all the members who voted in the last elections. These are the people who kept the S.G.A. up and running. Unfortunately, there aren't too many members participating at this time. I hope to change that by making "fun" activities for all the members. Some of my suggestions are: quarterly dances or socials, community involvement (i.e. charity work), shopping nights, makeovers, and quiet evenings talking with other girls. What I'd like to see is other ideas coming from all the members. Remember that this is your club, and we should be doing things that you want to do.

Since I'm a relatively new member (less than one year), I'd like to get to know all the members personally and find out what they think and what they want from this club. I'd also like for all of us to put aside all our petty differences and come together as a group. I really feel that our group has the potential to do some good for us and our community. Try to remember how scared and confused you were when you first got involved, then remember the fire you had when you first found out there were others who had similar interests as you. I would like to challenge all the members to re-light the fire and help this group grow into its full potential.

The first major activity that is in the planning stage is a Fourth of July "Barbie-Q" (thanks Julieanne) with a dance to follow. If the members show enough interest, I will proceed to set it up. It should be a lot of fun, and a chance to wear all those wonderful summer fashions (of course, in red, white and blue) and show off a lot of skin. If this goes well, I'd like to have another "theme" type dance every quarter. For example, Halloween could be to dress as your favorite female character. Anyways, the main thing is to have fun and go out and meet others.

Please bring any suggestions that you might have to any board member, who will pass them on to me. Or you can call me at home and we can discuss them or just have girl talk.

Also, please remember to greet any new face that is at any of our functions; first impressions are the ones that last. We want to make the best impressions to all the "girls" that are out there. Who knows, they may turn out to be your best new girlfriend.

Let's all have a great time this year and remember that "girls just want to have fun!!!" Let's transform our dreams into realities! ❧

Wittnie's World *continued from page 1*

tallied by completely independent visiting non-members from Seattle and Vancouver we can be assured of the accuracy. Regardless of the outcome, your board has been elected and installed. Now is not the time to complain about how you would like to see things change or create little sub-groups within and without the S.G.A. The members had their chance election night, and the majority prevaled. Now is the time to show your support and get involved. Let your ideas be heard, directly to the board members. ❧

ITEMS UNDER DISCUSSION

A) Moving the S.G.A. phone line to ??
B) Meeting Fees
C) Fund Raisers/Raffle
D) Minor By-Law changes
E) Newsletter distribution to non-members or other groups.

Nucleus For Health

Tina Louise

The number one question I get at our meetings is on the subject of natural plant hormones, which I covered over several columns last year. I plan to update our readers in the near future on this subject.

The second most asked about subject is human energy, specifically: "Where do you get all your energy?" This is the subject of this month's column. Six categories will be used for reference.

1) Attitude is a very important contributor to your over all energy level. If you feel good about yourself, your situation, and your life in general, then all those millions of cells which make up our bodies physical framework will be humming with energy. You have this natural energy 'captured' within your self and your attitude is the key to unlocking it.

I find it is most important to start each morning off with some activity which raises and enforces my level of self esteem. I personally have chosen a half hour exercise regime, however there are endless possibilities which could be arrived at such as doing something creative, write or read a poem etc., or healthful, skip that morning cigarette or fatty breakfast, or by doing a good deed for someone or cause. You choose and the lift will carry you through the day.

2) General good health and proper rest, of course, is essential to your body's energy level. Take care of yourself, for literally no one else has the ultimate power to do it for you.

Become more active whether it be exercise or some other physical activity such as walking to the corner store, or gardening, swimming, dancing, tennis, golf, bicycling, jazzercise, or even heavy house cleaning. Give yourself at least 20 minutes or, preferably, an hour a day of physical activity. You will notice that you will feel better and that you will sleep better. I will devote a future column to the subject of sleep.

Benefits of physical activities on your mood are very substantial, as it

Continues on page 5

— MAY EVENTS —

Friday, May 10 ..... T.S.'s in Transition Group Meeting at 6:00 PM
Lambda Center, 919 - 20th St., Sacramento

Saturday, May 11 ..... Dinner Meeting at the TEA CUP CAFÉ at 7:00 PM
..... Social at JOSEPH'S TOWN & COUNTRY at 8:30 PM

Saturday, May 25 ..... Dinner Meeting at the TEA CUP CAFÉ at 7:00 PM
..... Social at JOSEPH'S TOWN & COUNTRY at 8:30 PM

Sacramento Gender Association

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Ty Hedblad, Ph.D.
Clinical Psychologist
7850 Hubbard Rd. • Auburn
For Appointments: **885-2152**

Sandra Reichus, A.C.S.
Clinical Sexologist (Board Certified)
1403 28th St., #206 • Sacramento
For Appointments: **452-3231**

Michael P. Semmens
Attorney At Law
3535 Marconi Ave., #212 • Sacramento
For Appointments: **482-6878**

Julia Richardson
Professional Make-Up Artist
Complete Makeover and Lessons
For Appointments: **925-7434**

Shirley Burgess Mary Kay Cosmetics
Makeovers and
Cosmetic Consultation
For Appointments: **392-9383**

PLEASE BE SURE TO MENTION YOUR S.G.A. MEMBERSHIP!!

Cross Section *continued from page 2*

• • • • •

WENEEDANAME!!!: Okay, so far, our little "Name-the-Newsletter" contest has been so wildly successful that we're considering extending the May 25th deadline so that more people can have the ecstatic pleasure from participating in it! All right, that was a nice try, huh? Actually, the number of entries has been very miniscule at this point. C'mon, get in! There's virtually no competition! Drop your entries off to a board member or newsletter editor at the next meeting, or call it in, or send it in. Do something, PUH-LEEEZ!!!

Hey, there really is a grand prize to be won! Okay, so it's not a Jeep Cherokee or a week in Hawaii, but it's still a prize. We're talking about a fabulous and absolutely scrumptious dinner feast at either the exotic TEA CUP CAFÉ or the world-famous JOSEPH'S TOWN & COUNTRY BAR & GRILL!!! How's this, just have a few (or several) drinks next time at the bar (you'll make Joseph happy too!) and then scrawl something on a napkin and hand it in! Uh, for you Mary-Jane types (not da shooz!), this may be a great time to utilize that "enhanced" imagination state. (LEGAL DISCLAIMER: Partaking in any illegal substance abuse is not being advocated by this writer or by the S.G.A.. But don't worry, I won't tell.)

Any gobbly-gook of a name will be accepted! Who knows, you may be our grand prize winner this coming May 25th!!! Or June 8th. Or June 22nd. Whatever. ❧

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A Crossdresser building a business on a few simple rules: discretion, care, honest retail prices, finest quality, product guarantees, selection and service.
Contact Linda Lee At SGA Functions
RULE NUMBER ONE: Start with a FREE Catalog!

The S.G.A. is not responsible for any legal or medical advice that may be given in this publication. It is advisable to seek the opinion of qualified professionals on matters within these fields. The S.G.A. and its board members neither endorse nor reject the opinions of the authors. Any self-administered drugs or herbs should be checked with a physician for possible side effects or adverse reactions.

Special Someones

Greetings friends. My name is Leslie — I am Michelle's wife. I recently wrote to some I.F.G.E. members regarding support for spouses and was sent a copy of the D.V.G. newsletter in Concord, where there is a regular column for significant others and spouses. I have been seeking some avenue of support while I cope with the myriad of issues that come with a transgendered marriage. I was thus inspired to think of S.G.A. having something for wives/significant others in our neck of the woods. Since, I happen to be married to the one of the editors of this fine publicaton, it's real convenient to start a special forum just for us. So, let's do it.

I do not know that I am the most highly qualified to be the "one" to write a column for spouses and significant others of crossdressers as I am very new to this world. After ten years of being completely clueless, I received the big revelation from my husband last November. What I do know is that it really helps to have the support of someone who has been there, is still there and can offer a loving shoulder to lean and at times, to cry on.

I am by no means a saint regarding how I handle all of this. I have run the gauntlet of emotions. I am striving to be an "A" wife, yet I have come to the realization that I am who I am and quite frankly I do not like being graded on my performance. I am doing the best that I can and sometimes that may be an "A+" or a "D -". Just as my husband has the right to be accepted for who s/he is, I too have those same rights. We women have come a long way and unless the men in our lives can expect a report card on just how easy it is to live with them, lets just drop any label making and strive more towards accepting each other. Let's seek a compromise that we can both live with We are all human/spiritual beings trying to make sense of this crazy wonderful world that we have been put in. To be judged one way or another — even in jest — just further feeds into the

Continues on page 7

Nucleus For Health *continued from page 3*

produces the most powerful mood elevators in your body, the endorphins. Morphine and heroin work through the endorphin system of your body to create a sense of well being. Exercise stimulates the same system thereby elevating your mood.

3) Diet and nutrition are paramount to energizing your system. In a future column I will cover this subject more thoroughly. Diet may be the most difficult part for many of my readers to implement due to an attitude problem. (See #1). If you feel good about yourself then you will realize the importance of eating foods that are good for you.

A very low fat and high complex carbohydrate diet is the most powerful tool for energizing you system and for treating heart disease, diabetes, high blood pressure, and obesity. Rice and pasta equals energy. Try eliminating at least one protein meal a day and eat one or two "vegetarian" dinners a week.

Foods rich in potassium have significant anti-fatigue properties. These include bananas, cantaloupes, tomatoes, parsley, and sunflower seeds. These make wise choices for a mid-day snack and are a lot better for you than a candy bar. A cup of cayenne tea or ginseng tea are a good caffeine substitute and will boost your energy.

4) Supplements which boost your energy are important because in our hectic fast paced world it is difficult to get adequate amounts of anti-fatigue nutrients in what we eat.

Magnesium potassium complex with aspartate helps eliminate stress paving the way for your cells to release your natural energy. A good B-complex vitamin supplement is perhaps the best pill you can take, for it is essential for your nervous system, mental functioning, and your mood.

5) For a quick boost and especially on nights when I'm going out on the town I take "Ener-B" which is a nasal B-12 supplement. In years past the "Jet-setters" use to "shoot-up" B-12 for lasting energy. Now, health food stores have "No-shot" B-12 pills which you place under your tongue. I find that these do not work as well as the nasal jell for you absorb a much greater amount of the B-12 through you nasal passages than through your mouth.

Another benefit of B-12 is that it helps to prevent hangovers, but this is not to say you should drink more. Believe me you can still fall flat on your face.

6) Ma Huang (Ephedra sinica) has gotten a bad rap in the news lately, but, if taken in MODERATION, it is a great quick anti-fatigue supplement. I was able to quit the caffeine habit three years ago by taking 10 drops of liquid Ma Huang in a glass of apple juice in the morning. After about 6 months I found that I did not need even this. Now I take 10 drops of this herb only when the hours of my sleep have been greatly reduced. This herb is not reccmmended for those with heart or blood pressure problems. ❧

Places To Dine

Joseph's Town & Country
3514 Marconi Ave. • Sacramento ❽
483-1220
Friday & Saturday 5:00 - 10:00
Sunday Brunch 10:20 AM - 2:30 PM

Tea Cup Café
1614 - 21st Street • Sacramento ❹
Open Daily 'till 9:00 PM

Hamburger Mary's
1630 "J" Street • Sacramento ❼
441-4340
Open Daily 10 AM to 10 PM

The Townhouse
1517 - 21st Street • Sacramento ❸
441-5122
Friday & Saturday 5:00 to 7:00 PM

The Cornerstone
2330 "J" Street • Sacramento ❻
441-0948

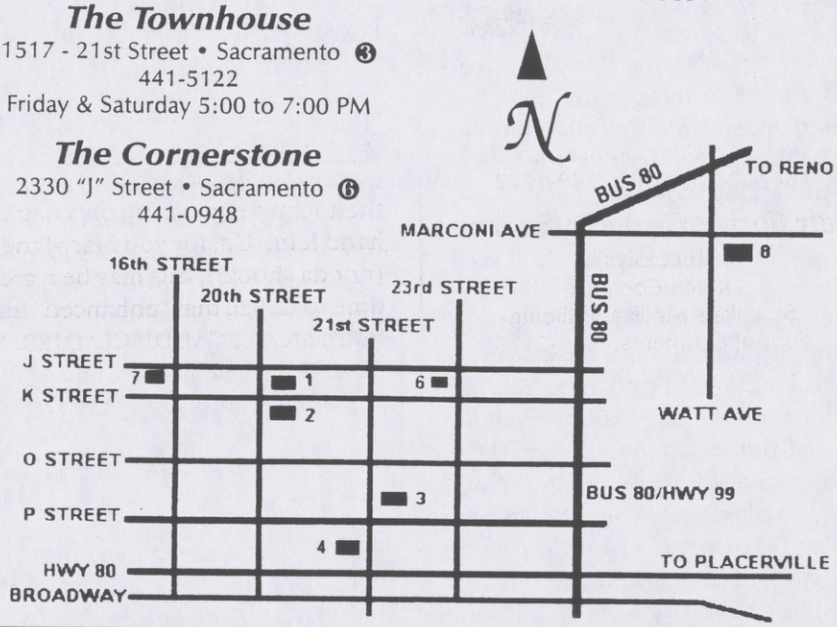
Places To Dance

Joseph's Town & Country
3514 Marconi Ave. • Sacramento ❽
483-1220

The Townhouse
1517 - 21st Street • Sacramento ❸
441-5122

Faces
2000 "K" Street • Sacramento ❷
448-7798

The Western
2001 "K" Street • Sacramento ❶
443-9831



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Ask Julieanne

OK ladies & girls (and boys too) its time for another fun filled installment of Julieanne's Research on Development, last issue I was rambling on about how I'd like to do a column on research-you write 'em in and I'll research 'em.... well no one wrote in, so let me explain how to make everything work wonderfully. First Michelle, tell me that to get anything published in this newsletter there is a deadline, (even little newsletters like ours have DEADLINES). It happens to be the 25th of the month, that means it needs (masculine assertive) to be on Lisa's or Michelle's desk or in their computer by that date. O.K.? O.K.! Now let back up just a bit, in order of me (or any one else for that matter) to get it to them by that date I would like (feminine passive) to mail it to them by the 22nd or so, now I (or you if you want your stuff printed) need time to write...lets see is 2-3 days for a rough draft, proofing and final copy too many days (hardly..but we'll deal with it). Well that puts us at the 19th or so, if you write me asking me to research something I would like (feminine passive) to have at least a week to research it, so that puts us at the 12th, you'll need at least 3 days to mail it me, that puts us at the 9th, and we all procrastinate forever so that puts it some time last year when you get the motivation to write, but seriously folks its April 17th now and if you got something to me by now I could do something with it for the May newsletter, so this is why this column is about this column. So Boy Howdy!!! now we have Julieanne's first column on research, "How to get yourself published in the S.G.A.Newsletter" (what is the name of this "rag" anyway, oh yea, theres a contest about that.(..see other places in this rag for more complete details) But in all fairness we can only stretch the imaginations of Lisa, Michelle, Linda, Ava, and Wittney so far, the point is we need your input, not only for the newsletter, but for the club as a whole (theres got to be something more than Joeseph's) Come on now let have some ideas folks for some activities, Diane would like to do a "Barbie Q", I'd love to have a picnic and a softball game (maybe we can get Miller Beer to.... Oh well it's just an idea) but wouldn't 20 TV/TS's in dresses and shorts and stockings playing ball be a sight, it brings new meaning to "A league of their own" I've got all the equipment needed, bring the wife and kids, let open some minds and maybe bend a few, think about it,....
RESPOND!!!....PARTICIPATE!!!!....DO SOMETHING!!! its your club too. ❧
Peace from me, love to you

Julieanne

Julieanne: A suggestion for next month's topic. In 350 words or less, please outline the legal aspects of Bungee Jumping from the Foresthill bridge into the American river — en-femme. - Ed. (M)

Your Newsletter Wants A Name!

Please submit up to three titles. The winner will receive a **FREE** dinner at either the Tea Cup Café or Joseph's T&C.

Send your ideas to: S.G.A.
P.O. Box 215456
Sacramento, CA 95416
Or e-mail your newsletter editors,
Or fax your entries to (916) 272-1940

Winner to be announced at Joseph's On May 25, 1996.

GENDER RELATED Groups & Activities

Pacific Center for Human Growth

A counseling-oriented growth center, sponsors all-inclusive gender support groups on the last Friday of the month at 8:00 PM. 2712 Telegraph Ave., Berkeley. Call (510) 841-6224.

Rainbow Gender Association (R.G.A.)

Meets the 1st and 3rd Friday of the month, 8:00 PM, at the New Community of Faith Church, 6350 Rainbow Drive in San Jose. Write: R.G.A., P.O. Box 700730, San Jose, CA 95170. Call (408) 984-4044.

Diablo Valley Girls (D.V.G.)

Meets the 1st and 3rd Monday of every month at 8:00 PM at Just Rewards Nightclub, 2520 Camino Diablo in Walnut Creek. Write: D.V.G., P.O. Box 272885, Concord, CA 94527-2885. Call (510) 937-8432.

The Tenderloin Self-Help Centre

A project of the Central City Community Hospital House, funded by the Community Mental Health Services. Meets every Wednesday, 4 to 6 PM, at 191 Golden Gate, San Francisco. Call (415) 554-0518.

F.T.M.

A support group for Femate-to-Male crossdressers and transsexuals. Holds both informal meetings and closed support meetings. Write: F.T.M., 5337 College Avenue, #142, Oakland, CA 94618. Call (510) 827-2646.

Educational TV Channel (E.T.V.C.)

The largest organization of this type in Northern California, providing a wide variety of support including rap groups, a S.O. support group, print and video libraries, outreach, educational and lots of social activities. Write: E.T.V.C., P.O. Box 426486, San Francisco, CA 94142-6486. Call (510) 549-2665. Or Voice-Mail: (415) 334-3439.

Lambda Community Center

Sacramento's largest G/L/B organization, providing a wide variety of support and participation in community activities and awareness. 919 - 20th St., Sacramento. Call (916) 442-0185.

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Sacramento, California 95816

EDITORIAL

"Mirror, mirror, on the wall..."

For most of us in life (TG or otherwise), the adage "We're our own worst critics" holds painfully true. However, I've noticed that within a small but significant percentage of our TG community, there are those who flip this old saying around. Perhaps this inverted proverb would read as "We're our own best admirers".

I'm one to applaud self-confidence in others in general, but sometimes it becomes less a matter of believing in one's self and more a case of narcissism and delusion. Admittedly, these are harsh words, but I broach this subject out of concern for the group as a whole.

For many of us, the personal view of our femme selves can only be evaluated by comparing our relative standings to others within the group. It can be argued that most TG social groups exist somewhat within a vacuum from what would be the role models, i.e., genetic women. This isolation can and often does skew our viewpoints on what we would deem attractive about ourselves and others.

The result is that our standards for these desirable characteristics become lax, and a certain level of delusionment can easily set in. It is imperative that we all periodically do a "recalibration" by taking a cold, hard look at ourselves and others in the group. Not easy, but necessary if we're to have respectful appraisals from those with a stable grounding to the real world.

Unfortunately, there are some who apparently have not performed these "corrections" in self-evaluation. One person who comes to mind is a CD (not a S.G.A. member) who freely and unabashedly declares herself as "beautiful" in her looks. Perhaps her transformation from the male to female form may be remarkable, but the final result, while presentable and more or less passable, cannot be construed in anyway as "beautiful". Although that's only my opinion, it has always been concurred by many others.

I am a proponent of free speech, but I fear that there is a level of resentment and derision that this person is unknowingly garnering for herself. The ultimate and unfortunate consequence of this lack of realism is that she will likely become a pariah within the TG community.

To love one's self and to feel confident are arguably two of the most valuable characteristics a person can have. We must be diligent, given our special circumstances, that we temper these characteristics with regular doses of reality checks, lest we fall into the trap of self-delusionment. ❧

Lisa

Comments to this or any other article may be sent to the newsletter editors, c/o S.G.A., P.O. Box 215456, Sacramento, CA 95821-1456.

3rd SECT

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Special Someones *continued from page 4*

shame and guilt that out loved ones know all too well.

I would like to propose that we spouses and significant others (I don't really like that term, that's why I think we'll call this part of our newsletter Special Someones) have our own support forum in this newsletter to help each other along this path and hold each other up. I really would like to talk to other wives going through this as I'm sure that I am not alone, that sometimes I do just fine with this and sometimes I am overwhelmed and really in need of support.

I understand that a wives' group has tried to get off the ground with S.G.A. before and it never really got going. There are probably a lot of reasons. One of them could be those of us with children have a hard enough time getting a sitter for a "regular" night out. Well, try it on an evening where we have to get past the sitter with your husband wearing a dress!!! Maybe some of the wives and girlfriends are just so okay with things that maybe they feel they don't need a support group. Sometimes in this life, we do things not because there is something in it for ourselves but because there is a way that we can share ourselves with others. By doing this, it is then we realize that we get a lot out of it too. We are designed to take care of each other. We feed our brothers and sisters when they are hungry, be it food for the body or the soul. We can hold a light for others when maybe all they can see is darkness.

I would encourage others to share their letters, their wisdom, their questions and answers, ideas, information and book referrals etc. pertaining to transgendered relationships. I would also (with specific permission of course) provide a way that other wives can get in contact with each other by letter writing, or phone calls or special meetings. Of course, I will also honor confidentiality — any way you desire it. As tempting, and even necessary as it may be to blow off steam, I would like this column to be with the common agreement that it is designed to be positive and uplifting, to support ourselves and our spouses, while also claiming our own dignity and self respect.

To write to me, for publication or just to talk, send letters to: Leslie Roth 664-A Freeman Lane #252, Grass Valley, CA 95949.

Love to you all. ❧

Leslie

Three Days *continued from page 1*

floor to register. The elevator door opens and wouldn't you know it — it's packed with about 12 regular guests. We'll take the next car. Next one's empty, but that's the last empty elevator we get for the duration of the weekend. Registration is a piece-a-cake. The employees are very friendly and accomodating. They probably look forward to our event more than the annual convention of the American Association of Funeral Directors. Dig it?

We check into our room, powder up a bit and without any more hesitation, hit the elevators for the convention floor. We're greeted without wait by a table of four friendly ladies. Well, two are ladies and two are girls, if you know what I mean. After we sign in, we enter a large room set up with vendors offering everything from jewelry and rings for us thick fingered gals, breast forms, make-up, clothes, wigs and stylists, reading matter, photographers, a booth with two teenage girls offering passability ratings (just kidding), and more. They have just about everything here that the transgendered person could ask for. It wouldn't take but an hour or so for me to max out the MasterCard. I hope I get the mail before my wife does when the next statement arrives.

Next, we decide to attend a few of the workshops and listen to some of the speakers. The first we drop into is given by an attorney who talks about TG legal issues. Lots of good information given by a lawyer who doesn't act the part. Like, "I'm cheap, just keep buying me drinks and I'll talk to you." By the way, what differs from a lawyer run down in the road and a transgendered rattlesnake run down in the road? The snake appears to have some skid marks where the car attempted stopping to avoid her.

The next workshop related to wives and significant others. There are two married couples fronting the room. One couple some of us know as Donna and Julie Freeman of Diablo Valley Girls. The other couple are Linda and Cynthia Phillips, the people who organize the Texas T-Party.

It's 4:00 PM. A quick trip to the ladies room and a look in the mirror reveals a little beard growth. Probably can get away with it now, but not at 10 PM. So it's back to the room, scrape off what's left of the morning's face, shave, cut myself in the usual five places, wait a half hour to stop bleeding, and attempt some sort of evening make-up. I have a problem because my close vision is bad so I shoot in the dark. It's hard to paint lower eyelashes that don't exist out of a near blind left eye.

Jennifer, Julie and I share the room quite well considering minor limitations. It's hot outside and in, there's very little air circulation in the room and the A/C is real woosey. But we get things done, even if we're an hour late to things.

We miss the cocktail hour taking so long to get ready. We arrive at 7:30 in time for dinner and we luckily find seats. The round tables, there's about 20 of them in the room, seating about ten people each. We have good conversation with other TG's, including a doctor from Miami, Florida who is quite the lively center of conversation. You do meet all kinds at these sort of gatherings.

After dinner, we decide to venture out into the night and start out at Kimo's, a club located behind the Holiday Inn. This is a safe environment so we all feel OK. About 30 of the event's attendees eventually show up later for a little drag show — not really impressive — a red head TG somewhere around 225 pounds lip-synching "Girls Just Want To Have Fun" by Cyndi Lauper. We check out a few other places.

Next morning we're up at 6:30 raring to get started, even considering just four hours' sleep. I'd give anything for a cup of java... well, almost anything. Call room service and order 20 cc's of straight espresso and a syringe, then find a vein for instant effect. Slap my face instead — wake up girl!

Thank God the first workshop we attend has piping hot coffee ready. Actually, we had to steal it from the wives' and S.O.'s chat room. The first session was about make-up — a very informative presentation by Bill Jones. He packed quite a bit of foundation into an hour's talk and had some great recommendations on products for beard concealment, eye make-up, and such. Bill even powdered on the possibility of coming to Sacramento to do a one-on-one session for S.G.A. members this summer. There were other sessions to attend, one of which I listened in on about hormones and another for TG's wanting to explore cyberspace, (Internet TG forums, etc.). There's something for everyone at these gatherings.

1:00 PM comes around. I have this time well planned. I decided to take about two hours' time and walk the Streets of San Francisco — by my lonesome. I've been in the real world twice at night in dimly lit movie theaters. I wanted to give myself the test of broad daylight. I wear a low key off-white top and a below knee length blue floral skirt — something that will help me blend in with the other women on the street. Anyway, very crowded streets on a bright sunny day should give me a better idea where I stand to pass. Close to two hours of walking, window shopping and stepping into three stores goes better than expected and I couldn't tell if I was read, but I don't let it go to my head. (She's a poet and don't know it.) Back to the hotel, I slip back into the security of the event with more confidence than I had two hours back.

After attending a talk given by Richard Docter about TV/TS psychological issues, it's back to the room for that late afternoon shave. No make-up this time, I decided earlier in the day to have a professional do it for this evening's dinner and show. I arrive for the session about 4:30 and it takes about 45 minutes. Here, can you do these false eyelashes too? After it's done, the lady hands me a mirror. Wow, what a difference it makes when someone knows what they're doing. Hope this lasts into the evening.

Back to the room, Jennifer and Julie are getting ready for this evening. "How was your walk," Jennifer asks me. "Wonderful, very non-eventful," I reply. "And yours?" To which Jennifer responded "I rode the cable car - it was great." You are getting very brave girl. About ten minutes later, there's a knock at the door. It's Lisa — she's come down for the dinner and show. "I'd have been here 45 minutes ago, but I got stuck on the bridge," she said. We'll, it's 6:30 and we head for the elevator which we share with a few regular guests. This happens always — most of them are very polite and we exchange smiles.

The dimly lit banquet room is unpartitioned and tables are set for what looks like 300 to 400 people. We sit down for a drink then mingle with some of the guests. Everyone is complimentary, telling each other how beautiful they look. We CD's are a bunch of sponges. Our own Stephanie shows up at the table just before dinner is served — a tasty prime rib that's a little on the mooey side. Does anyone carry a blow torch in their purse? Dinner winds down with some light conversation while many choose to move about the room. Then a trip to the ladies' room to freshen our faces.

The show is called Movin' On, a group of TG's that entertain lightly with song and dance backed by a combination of pre-recorded music and some of their own accompanyment. Some of the material is original. It was a nice, light presentation which lasted about an hour.

After that, we disband for a trip down the street to a club for a few drinks. No one is getting too liquored up or crazy, just having a good time. Back to the room about 1:00, we take off our make-up and turn back into pumpkins. It was rough having to remove that make-up job. After yacking for another hour and realizing that this weekend is going by too fast, we finally fall asleep.

Sunday morning. Hey, we gotta get moving, it's 9:30! Sure could use some caffeine in my veins. The Sunday brunch starts at 11:00 and it takes us about two hours to get ready, plus we have to vacate the room before noon. Somehow, we had all that done and arrived to brunch at 11:30. A nice choice of breakfast selections, some of which are not suited for this girl who wants to shed a few more pounds. Oh well, I can't resist. We sit down to eat and as I sip my orange juice. Jennifer and Julie look at me like something is wrong. "What?" I ask. "Aren't you forgetting something?" one of them asks me while eyeballing the coffee pot. All the getting ready and the euphoria of going back into female mode caused me to forget. I guess it's mind over matter, but I reach for the stuff anyway.

Well, it's about 1:00 and people start to leave. Many of the attendees present themselves in male mode to travel. Good byes are said as we prepare to depart. We're not going right home though. We decide to find our way to Twin Peaks and Golden Gate Park for some Sunday pictures.

Well, that's it. We head back home after almost three days what seemed like three hours. It was fantastic - we felt fulfilled, at least for now. Do it again? In a minute! I felt very euphoric the next two days about the whole experience, everything having gone much better than anticipated. ❧